

Summer vacation 2023-24

Class - VI (Holiday Homework)

Science

- 1) Name five plants and their parts that we eat.
- 2) Define following- a) Herbivore b) Carnivore c) Omnivore
- 3) Tiger is because it eats only meat.
- 4) Name the major nutrients present in our food.
- 5) Name the following-
 - a) The nutrient which mainly gives energy to our body.
 - b) The nutrients that are needed for the growth and maintenance of the body.
 - c) vitamin which are required for good eyesight
 - d) A mineral that is required to keep our bones healthy.
- 6) Name the foods rich in
 - a) fats
 - b) Starch
 - c) dietary fibres
 - d) Protein.
- 7) Write activity to detect the presence -
 - a) starch
 - b) Protein
 - c) fats
- 8) What is a balanced diet ?
- 9) What are deficiency diseases?
- 10) Tick () the statements that are correct.
 - (a) By eating rice alone, we can fulfill the nutritional requirement of our body. ()
 - (b) Deficiency diseases can be prevented by eating a balanced diet. ()
 - (c) Balanced diet for the body should contain a variety of food items. ()
 - (d) Meat alone is sufficient to provide all nutrients to the body. ()

11) Fill in the blanks.

(a) _____ is caused by deficiency of Vitamin D.

(b) Deficiency of _____ causes a disease known as beri-beri.

(c) Deficiency of Vitamin C causes a disease known as _____.

(d) Night blindness is caused due to deficiency of _____ in our food.

12) What are the ways we can think of to avoid wastage of food?

13) Prepare a chart of a balanced diet for yourself.

14) Make a working made / toy out of trash.

15) Make a chart project on any topic of your choice from your textbook.